**Ground Turkey Wraps or Pinwheels**

These fun sandwiches are great for adding more color and veggies to your menu.

**Ages:** 3–5 years  
**Prep time:** 25 minutes  
**Makes:** 6 servings  
**Cook time:** 10 minutes

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**INGREDIENTS**

- 11½ oz turkey, 93% lean, ground, fresh or frozen, thawed  
- 1 cup green peas, frozen, thawed, drained  
- ¼ cup + 2 Tbsp cheddar cheese, reduced-fat, shredded  
- ¾ cup carrots, fresh, shredded  
- ¼ cup + 2 Tbsp ranch dressing, fat-free  
- 6 tortillas, whole-wheat (10" across, at least 42 g or 1½ oz each)

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**DIRECTIONS**

1. Wash hands with soap and water for at least 20 seconds.

2. In a small skillet, brown turkey on medium-high heat, about 10 minutes. Heat to 165 °F or higher for at least 15 seconds. Set aside. Allow to cool for 5 minutes. Wash hands after touching uncooked ground turkey.

3. To heat tortillas: Place a damp paper towel between each tortilla. Place the stack of tortillas on a microwave-safe plate. Cover with a damp paper towel. Heat in the microwave for 30 seconds. Remove from the microwave.

4. In a medium bowl, combine green peas, ground turkey, cheese, carrots, and ranch dressing. Stir.

5. Place ½ cup filling in the center of the tortilla.

6. Roll tortilla. Cut into pinwheels or cut in half.

7. Serve 1 wrap (pinwheels or halves). Serve immediately, or keep warm 140 °F or higher.
### NUTRITION INFORMATION

1 Ground Turkey Wrap (pinwheels or halves)

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>260</td>
</tr>
<tr>
<td>Total Fat</td>
<td>7 g</td>
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<tr>
<td>Saturated Fat</td>
<td>4 g</td>
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<tr>
<td>Cholesterol</td>
<td>33 mg</td>
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<tr>
<td>Sodium</td>
<td>516 mg</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
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<tr>
<td>Total Sugars</td>
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<tr>
<td>Includes Added Sugars</td>
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</tr>
<tr>
<td>Protein</td>
<td>20 g</td>
</tr>
</tbody>
</table>

Vitamin D: N/A
Calcium: 131 mg
Iron: 2 mg
Potassium: N/A

N/A = Data not available

**Source:** Team Nutrition CACFP Easy Recipe Project

[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)

### CACFP CREDITING INFORMATION

1/4 cup vegetable
1 1/2 oz eq meat/meat alternate
1 1/2 oz eq grains

### CHEF TIPS

- **Contains milk (cheese and ranch dressing), eggs (ranch dressing), and wheat (tortillas).** Ranch dressing can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.

- **Sesame can appear as an ingredient in food where it might not be expected (tortillas) and may be included in the ingredient statements as “spice” or “flavoring.”**

- Serve a variety of foods during the week to balance out an occasional lunch or supper item that may be higher in sodium or saturated fat.

- The symbol indicates the recipe is whole grain-rich.

- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.